

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	SPEC 125
<u>COURSE TITLE:</u>	TOPICS IN PERSONAL ENRICHMENT (YOGA)
<u>SEMESTER CREDIT HOURS:</u>	.5 - 5
<u>DEPARTMENT:</u>	Workforce Education/Career Training/Personal Enrichment
<u>DIVISION:</u>	Continuing Education/Workforce
<u>PREREQUISITE:</u>	None
<u>REVISION DATE:</u>	5/2013

COURSE DESCRIPTION:

Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

Emphasis in this course will be placed on the fundamental yoga postures for students with a beginner's level of knowledge and skill in the practice of yoga. Students will connect the postures to breath flow with the goals of enhancing flexibility, muscle tone, and overall physical and mental wellness.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will:

1. Gain the ability to master the fundamental yoga postures.
 - Understand the fundamentals of the practice of yoga.
 - Gain the ability to master the fundamental breathing exercises.
 - Acquire flexibility and total body awareness.
 - Gain the ability to link breath to movement.